

2022 SPORTS4VETS THROWDOWN - WEEK 3

OPEN DIVISION

WORKOUT

As many repetitions as possible in 3 Rounds (8mins total):

60s: Deadlifts

60s: Shoulder-to-Overhead (S2O)

60s: Rest

♂ 20lb. or 10lb. single-arm weight

♀ 10lb. or 5lb. single-arm weight

EVENT DESCRIPTION

Athletes begin the event standing tall. Athletes will complete as many repetitions of deadlifts in 60 seconds, then as many repetitions of shoulder-to-overhead lifts in 60s. Athletes will then have 60 seconds of rest. Athletes will complete three (3) total rounds.

SCORING

Score is total repetitions. Example: 40 deadlifts + 57 S2O = 97 total repetitions

Athletes are required to keep track of and submit their own score. A scorecard is provided to assist in keeping track. A best practice is to have an assistant help keep track of your time and repetitions.

Submit score on Competition Corner

(Link: <https://competitioncorner.net/events/6358>)

MODIFICATIONS

Athletes may consider modifying movements due to safety concerns or ability. Athletes in any division may modify either of the movements to a seated version (refer to the Wheelchair Division for standards).

Refer to the modification description for each division.



EQUIPMENT

The same weight (load) should be used for both movements: the deadlift and the shoulder-to-overhead.

Traditional gym weights such as a dumbbell, a kettlebell, a barbell, or a medicine ball may be used.

Another acceptable option for the loaded weight is to use any bag, backpack, or duffle bag with additional weight inserted. Best options for inserted weight are bags of rice, bagged flour, bagged sugar or bagged sand.

RISK MITIGATION

Safety is paramount. Athletes should not perform any movement that causes pain or could lead to injury.

Athletes may make modifications to the workout as needed regarding risk mitigation.

MOVEMENT STANDARDS

DEADLIFTS

Video: <https://youtu.be/ijlrraaGS2s>

- The repetition begins with the weight on the ground.
- Athletes will lift the weight, primarily by utilizing the posterior chain musculature, until the knees and hips are fully extended (i.e., the athlete is standing tall).
- The repetition is credited when the athlete is standing tall with the shoulders slightly behind the bar.

SHOULDER-TO-OVERHEAD

Video: https://youtu.be/V_h9530AfOM

**video shows dumbbell push press*

- The repetition begins with the weight at the athlete's shoulders.
- Athletes then may shoulder press or push press (using the hips and legs to assist) the weight overhead.
- The rep is credited once the athlete has control of the weight overhead, in the frontal plane, with the arm(s) fully extended.

MODIFICATIONS

RANGE OF MOTION: Modify to accommodate athlete's safe range of motion.

BALANCE: Athletes may also utilize a third point of contact such as a wall or upright for balance. A best practice is to set the stance, then lean back against the wall or upright, touching it with the athlete's backside.

If the athlete routinely uses assistive devices, such as a cane, they may use that equipment to assist with the movement.

MODIFICATIONS

RANGE OF MOTION: Athletes may modify the range of motion standards by reducing the finish position overhead. Athletes may modify to chest press (horizontal movement) if an overhead movement is unsafe for them. Athletes may use one arm instead of two but may not alternate arms during the event.

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 60s Deadlifts
 60s Shoulder-to-Overhead (S2O)
 60s Rest

ROUND	60s DEADLIFT	60s SHOULDER-TO- OVERHEAD	60s REST
1			60s REST
2			60s REST
3			DONE!
TOTALS			

Total DEADLIFTS: _____ + Total S2O: _____ = Total repetitions: _____

Submit score on Competition Corner (link: <https://competitioncorner.net/events/6358>)



WEEK 3 PREPARATION

OVERVIEW

A training session is provided to prepare athletes for the scored workout by exposing them to the movements and intensity of the event. This training session is not required but athletes are encouraged to practice the movements before adding intensity.

TRAINING SESSION PLAN

TIMELINE	ELEMENT	DESCRIPTION
0-5	Session Setup	- Weight for deadlifts and shoulder-to-overhead
5-10	Warm-Up	<u>General Warm-Up:</u> 15s Neck Rolls (each direction) 15s Shoulder Rolls (forwards/backwards) 15s Big Arm Circles (forwards/backwards) 15s Shoulder Twists (internal and external rotations) 15s Chain Breakers 15s Arm Back Slaps
		<u>Specific Warm-Up (2 Rounds):</u> 15s Jumping Jacks 15s Toe Touch to Overhead Reach 15s Push-Ups
15-21	Training Session	<u>6 Rounds:</u> 30s Deadlifts 30s Shoulder-to-Overhead 30s Rest
21-25	Cooldown & Recovery	- 3mins: slow movement: walk or easy pace on a cardio machine - 2mins: Cooldown breathing (3s inhale, 3s hold, 3s exhale, 3s hold) <i>*Stretch muscle groups used during your session</i>